

Statistics Report 01025, Cheese, monterey
Report Date: June 22, 2017 11:24 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 41.01 | -- | 0.765 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Energy | kcal | 373 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Energy | kJ | 1562 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Protein | g | 24.48 | -- | 0.559 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Total lipid (fat) | g | 30.28 | -- | 0.361 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Ash | g | 3.55 | -- | 0.102 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Carbohydrate, by difference | g | 0.68 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Sugars, total | g | 0.50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01009 | 12/2002 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 746 | -- | 21.376 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Iron, Fe | mg | 0.72 | -- | 0.102 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Magnesium, Mg | mg | 27 | -- | 1.914 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Phosphorus, P | mg | 444 | -- | 9.206 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Potassium, K | mg | 81 | -- | 11.148 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Sodium, Na | mg | 600 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2013 |
| Zinc, Zn | mg | 3.00 | -- | 0.071 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Copper, Cu | mg | 0.032 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Manganese, Mn | mg | 0.011 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Selenium, Se | µg | 14.5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/1997 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Thiamin | mg | 0.015 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |

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|---------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Riboflavin | mg | 0.390 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Niacin | mg | 0.093 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Pantothenic acid | mg | 0.210 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Vitamin B-6 | mg | 0.079 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folate, total | µg | 18 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 18 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Folate, DFE | µg | 18 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Choline, total | mg | 15.4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Vitamin B-12 | µg | 0.83 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 198 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Retinol | µg | 192 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Carotene, beta | µg | 78 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01009 | 12/2002 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Vitamin A, IU | IU | 769 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01009 | 12/2002 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.6 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Vitamin D3 (cholecalciferol) | µg | 0.6 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01211 | 02/2009 |
| Vitamin D | IU | 22 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01211 | 02/2009 |
| Vitamin K (phylloquinone) | µg | 2.5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01009 | 12/2002 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.066 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 4:0 | g | 0.982 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 6:0 | g | 0.244 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 8:0 | g | 0.306 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 10:0 | g | 0.563 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 12:0 | g | 0.398 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 14:0 | g | 3.613 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 16:0 | g | 7.763 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 18:0 | g | 3.423 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fatty acids, total monounsaturated | g | 8.751 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 16:1 undifferentiated | g | 0.923 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 18:1 undifferentiated | g | 7.368 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fatty acids, total polyunsaturated | g | 0.899 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 18:2 undifferentiated | g | 0.637 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 18:3 undifferentiated | g | 0.261 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Cholesterol | mg | 89 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.315 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Threonine | g | 0.871 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Isoleucine | g | 1.519 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Leucine | g | 2.344 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Lysine | g | 2.037 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Methionine | g | 0.641 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Cystine | g | 0.123 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Phenylalanine | g | 1.289 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Tyrosine | g | 1.182 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Valine | g | 1.635 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Arginine | g | 0.925 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Histidine | g | 0.859 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Alanine | g | 0.691 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Aspartic acid | g | 1.573 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Glutamic acid | g | 5.990 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Glycine | g | 0.422 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Proline | g | 2.759 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Serine | g | 1.431 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |